

ALBERTA FIREFIGHTERS HEADED TO B.C., PG 3

Relating

Obits
for love
gone
wrong

pg 5



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EDMONTON • THURSDAY, AUGUST 6, 2009

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Celebrity Buzz

Selena
reflects on
time with
Taylor

pg 14



Witnesses sought after cyclist struck by vehicles

DEATH Police are searching for witnesses to a fatal collision on Tuesday night.

A westbound cyclist on Yellowhead Trail near 215 Street was struck from behind by a Chevy Cavalier around 11 p.m.

It's believed the man on the bike was attempting to cross the westbound lanes when he was hit by the car.

The driver immediately stopped, but the cyclist was struck by another vehicle, which also came to a halt.

Investigators believe the victim may have been struck by yet another vehicle that sped off.

The victim was not wearing a helmet or reflective gear, and has not yet been identified.

METRO EDMONTON

Food pg 10



a sweet treat

Sports pg 6

Balsillie's NHL
bid still alive

Business pg 4

More job cuts
anticipated

Folk Fest McLachlan takes the stage



Sarah McLachlan performs as the headlining act for a massive crowd on the first night of the Edmonton Folk Fest at Gallagher Park. The festival is sold out and runs until Sunday.

'Half-Baked Bandit' on the loose

Man, 33, linked to string of robberies since escape

JASMINE FRANKLIN
for Metro Edmonton



Police are seeking the public's help in locating the escaped prisoner they call "the Half-Baked Bandit."

Gregory Marshall, 33, is unlawfully at large on two warrants out for his arrest after he escaped from minimum security Grier prison on July 24, and he allegedly robbed two CIBC banks last week.



He is also a person of interest in three other robberies within the city, Staff Sgt. Stewart Calliou said, the latest taking place Tuesday at a TD bank in southeast Edmonton.

"If you see him, do not approach him," Calliou said. "Call 9-1-1, and let the police handle it. He is considered armed and dangerous."

When Calliou was asked how Marshall got his nickname, the answer was simple.

"He started out robbing bakeries within the city," Calliou said. "But it's not uncommon for robbers to be a result of drug habits."

The first alleged robbery

was on July 27 at a CIBC bank on 115 Street and 104 Avenue. Just two days later, Marshall allegedly robbed another CIBC on 156 Street and 87 Avenue.

He is also linked to three other robberies, one at a Rexall drugstore on 118th Avenue, a TD Bank branch on Aug. 1, and another TD branch on Tuesday.

In 2007, Marshall was arrested and charged with 18 counts of robbery for capers in Edmonton and the surrounding area.

The robberies began with small businesses like Booster Juice and Fabutan, where he also wielded weapons such as knives and hammers.

He was handed a six-year sentence for these prior offences, crimes that Calliou said left some tellers and business employees so emotionally distraught they quit their jobs.

Calliou added that Marshall may be using a stolen vehicle.

"It's unpredictable," Calliou said. "You never know how he may react, so if he is seen, be sure to call the police."

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Unique musical mix planned

Combining blues, opera, reggae, Latin, gypsy and Nepali music is no easy feat, but will be attempted on Sept. 19 at the Westin Hotel in a fundraiser for the Patan Academy of Health Sciences, a Nepali medical school. For tickets to Jambhal, visit Tix on the Square. **METRO EDMONTON**

Local



Calling all anime fans

Love all things anime? Check out Animethon 16, running from Aug. 7-9 at the Grant MacEwan City Centre campus at 10700-104 Ave. For more information about the costumes, karaoke and other awesomeness involved visit www.animethon.org.

METRO EDMONTON

Woman dies after her car rolls over

CRASH

A 50-year-old Edmonton woman is dead after her Pontiac rolled off the highway just 14 kilometres north of Highway 55.

It is believed the Edmonton woman, whose name has not been released pending notification of next of kin, was heading northbound when she lost control at a curve in the highway.

The vehicle rolled, and as a result of the woman believed not to be wearing a seatbelt, she was ejected from the car.

The woman was pronounced dead at the scene.

Anyone who witnessed the collision is asked to call Boyle RCMP at 780-689-4081. **METRO EDMONTON**

News in brief

REPORTS From Jan. 1 to July 31, the Edmonton Police Service has received 5,130 calls from citizens reporting suspected impaired drivers on Edmonton streets. Of that total, there were 474 impaired charges laid, and 206 24-hour suspensions. An additional 912 registered owners received letters in the mail indicating that their driving habits were reported to police. If you see a suspected impaired driver, police ask you to call 9-1-1 and report the incident immediately.

METRO EDMONTON

metronews.ca

WHAT'S ONLINE TODAY

Blogs The 100 Day Raw Food Challenge on why homemade almond milk is the best alternative to dairy

Video A six-week summer camp specializes in helping children of refugees adjust to life in Edmonton at metronews.ca/local

Video A judge acquits Ottawa Mayor Larry O'Brien of influence peddling charges, citing a less than credible witness, at metronews.ca/canada



Lotteries

Lotto 6/49: 2, 5, 12, 31, 34 & 48 Bonus 44
These results are not official

Alberta firefighters lending a hand

Group headed to B.C. to help battle wildfires ravaging that province

VICTORIA HANDSIDES
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A team of firefighters will suit up and ship out today, bound to battle hundreds of wildfires devouring B.C.'s interior.

The deployment comes two months after hundreds of firefighters flooded Alberta forests, where they battled lightning-sparked blazes that burned out of control.

"The situation is much more serious in British Columbia now," said Sustainable Resource Development spokesman Geoff Driscoll. "They're quite a bit busier than we were at that time."

Thousands have been forced from their homes across the coastal province, and over 78,000 hectares has burned since spring.



A helicopter drops water on hot spots as forest fire burns on the edge of Lillooet, B.C., north of Vancouver yesterday. A team of Alberta firefighters are headed to B.C. today to lend a hand.

Up to 150 Alberta firefighters will head west today, leaving Alberta fires burning on a "low to moderate" basis, Driscoll said.

The call for help came earlier this week. After

the need for firefighters on Alberta soil was assessed, the group of 150 was given the green light.

Officials credit rain and cooler temperatures for reducing the wildfire hazard here at home.

"We always have a sufficient number of firefighters to respond to any new wildfires, but we don't anticipate that with the amount of rain we've had

"Alberta is ready to lend firefighting resources to help our neighbours in a time of extreme wildfire activity and hazard in B.C."

Premier Ed Stelmach

over the past little while," Driscoll said.

Since April, nearly 1,300 wildfires have burned more than 64,000 hectares in Alberta.

Premier Ed Stelmach assured British Columbians yesterday that help is on the way.

"Alberta is ready to lend firefighting resources to help our neighbours in a time of extreme wildfire activity and hazard in B.C.," he said.

Eskimos get involved in kids' lives

JASMINE FRANKLIN
jasmine.franklin@metronews.ca

Three members of the Edmonton Eskimos football team huddled up with dozens of children from the African Centre yesterday, spreading excitement across the board.

Honoree Chair of the Big Brother and Big Sisters program and Edmonton Eskimos player Kamau Peterson, 30, said nothing is more rewarding than helping the children in the program.

"It's a great cause, and a long standing tradition to be involved," Peterson said. "I love it."

The Big Brothers Big Sisters summer camp runs Tuesday to Friday, for six weeks, requires no fee and welcomes all children. With the help of the African Centre, the children are given meals every day.

"It only takes one hour a week to change someone's life," Summer program director of Big Brothers and Big Sisters Amber Lee said. "When it's summer this keeps them occupied."



Edmonton Eskimo Patrick Kabongo, left, and Isaac Menghisteab, 13, work out a play for a little game of football after some of the players stopped by the African Centre yesterday to play some sports and speak to children, who are recent immigrants to Canada from Africa.

Along with Peterson were teammates Patrick Kabongo and Willie Amos.

"It's important to embrace this culture," Kabongo told the children.

But never forget who you are."

A lot of the children involved are new to Canada Lee said, and the program helps to keep them active while their families are

working.

Lee stresses that volunteers are always needed, and that those interested can contact them through their website, bigbrothersbigsistersonline.ca

Police release photo of man charged with sex attacks

VICTIMS Police have released the photo of a man recently arrested and charged in connection with a string of violent sexual assaults.

"We believe there may be additional victims who may not recognize the accused by name only and therefore are releasing his photograph," said EPS Sexual Assault Unit Staff Sgt. Brian Readman.

Investigators are hoping that if there are any other victims, they will come forward.

Norman Washington Walters, 22, was charged Tuesday with two counts of sexual assault, two counts of sexual assault with a weapon, three counts of possession of an offensive weapon dangerous to the public, two counts of unlawful confinement, robbery and theft over \$5,000.



METRO EDMONTON



Sixty-one per cent of Americans believe the United States did the right thing by dropping the atomic bombs on Japan 64 years ago, according to a new poll. Older voters, men and Republicans favoured the attacks more than younger people, women and Democrats, the survey of 2,409 people by Quinnipiac University showed. **REUTERS**

Canada/World

News in brief

POLITICS A proposed name change to make the storied New Democratic Party of Canada appear dynamic and modern may come with risks, says a University of Toronto professor, remember another political rebranding misstep — CCRAP (the Canadian Conservative Reform Alliance party). The NDP's name change is up for debate next week in Halifax when delegates at a party convention will decide whether to drop the "New" from New Democratic Party.

WIRELESS Legislators will hold an emergency day-long meeting tomorrow to examine the proposed sale of wireless assets from bankrupt Nortel Networks to Sweden's Ericsson, a deal that opposition parliamentarians say could be bad for Canada. Ericsson submitted a \$1.13-billion bid for the wireless assets in late July. However, Waterloo, Ont.-based BlackBerry maker Research In Motion says Nortel's technology should be kept in Canada. **METRO NEWS SERVICES**

Ottawa's mayor found not guilty

TRACEY TONG
Metro Canada

After reading a 21-page written decision in a packed room at the Ottawa courthouse yesterday, Justice Douglas Cunningham dismissed both charges against Mayor Larry O'Brien.

O'Brien was found not guilty on two charges of influence peddling, which stemmed from allegations that he had offered to help Terry Kilrea obtain a position on the National Parole Board in exchange for Kilrea withdrawing from the 2006 mayoral campaign.

Cunningham said O'Brien may have made a



Ottawa Mayor Larry O'Brien, centre, gives a thumbs-up as he exits the courthouse yesterday after the verdict was delivered. Two influence peddling charges against O'Brien were dismissed.

rookie mistake, but "it is not an offence to want an opponent to withdraw from a political race, nor is it an offence to encourage

an opponent to seek alternative employment," he said. "Were this an offence, there would be a need for many more jails."

Retrial in Kremlin critic's murder may be halted

RUSSIA A Moscow court could halt the retrial of three men for the murder of Kremlin critic Anna Politkovskaya after prosecutors agreed yesterday the case should be merged with an investigation into who ordered the hit.

But a higher court ordered a retrial, a decision criticized by Politkovskaya's family, who yesterday petitioned for the case to be sent to state prosecutors.

The man accused of pulling the trigger also remains at large. **REUTERS**

Gym killer wrote about shooting

MURDERS A gunman who killed three women and injured nine others before killing himself at a gym in suburban Pittsburgh wrote on his web page about years of rejection by women, struggles with alcohol, domineering family members and an earlier failed shooting attempt, CBC News Online reports.

The three women killed Tuesday night were Heidi

Overmier, 46, Elizabeth Gannon, 49, and Jody Billingsley, 38.

The gunman was identified yesterday as George Sodini, 48.

Authorities did not immediately confirm that the website belonged to Sodini, but the elaborate nature of the comments so soon after the shootings suggested authenticity.

METRO NEWS SERVICES

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Business

Labour cuts continue

Recession-wary Canadian employers likely laid off more workers in July as they sought to stay afloat by cutting labour costs, despite signs the economy may be bottoming out this quarter.

Markets expect Statistics Canada to report net job losses in July of 17,500, pushing the unemployment rate to an 11-year high of 8.8 per cent.

That would bring total job losses since the labour market peaked in October 2008 to 388,000.

"We're going to still be seeing a lot of losses be-

'Jobless recovery'

- Most economists believe Canada's labour market will be much better off than in the United States, where many now expect a "jobless recovery" as layoffs persist even after economic growth picks up speed.

cause there are cutbacks in production, especially in the forestry industry," said Arlene Kish, senior economist at IHS Global Insight. "We've been seeing that corporate profits are not as bad, or have improved, but

again it's based on cost-cutting, so we're going to be seeing a lot of job losses through there."

The Bank of Canada and most economists expect the economy to start growing timidly in the third quarter after three quarters of contraction.

But job seekers won't notice much difference in their fortunes for months to come, most agree. The Canadian government has tried to dampen any hopes of a quick and painless recovery, while maintaining that the worst is over.

REUTERS

Private pensions well-funded: DBRS

PENSION Private-sector pension plans in Canada are doing better than one might expect after the drop in stock markets in 2008, and funding pressures should remain manageable, rating agency DBRS said in a study yesterday.

After reviewing 70 defined-benefit pension plans at Canada's largest private-sector companies, DBRS said the plans were 95 per cent funded, a "relatively

moderate drop" from being 98 per cent funded in 2007.

"In fact, with the past emphasis on reducing pension deficiencies, pension plans are in a strong position to fulfill this goal over the medium term, once an economic recovery begins," said Peter Schroeder, managing director at DBRS.

The plans had \$149 billion in plan obligations and \$141 billion in plan assets, representing an \$8-billion underfunding gap. **REUTERS**

Business in brief

OIL Petrobank Energy and Resources Ltd. said yesterday it has offered to buy TriStar Oil & Gas Ltd. for \$2.24 billion in cash and stock, boosting its stake in a prolific Saskatchewan oil field and giving it the heft to cut costs. Petrobank said it will combine its own conventional oil assets, operated by its Canadian business unit, with TriStar and spin out a new company: PetroBakken Energy Ltd. PetroBakken will focus its holdings in southeastern Saskatchewan. **REUTERS**

Canada has moved up 26 spots in FIFA's world rankings following its run at the CONCACAF Gold Cup. Canada is No. 66 on the list released yesterday after two wins and one draw at the Gold Cup before losing to Honduras in the quarter-finals. Brazil retained its No.1 berth ahead of Spain and the Netherlands. METRO NEWS SERVICES

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Recovering Woods relaxes major standard for 2009

GOLF Winning at least one major title has always been the yardstick for a good year according to Tiger Woods, but for 2009 he is prepared to relax his goal.

The world No. 1 has not clinched a major victory since the 2008 U.S. Open at Torrey Pines, having then been sidelined for eight months while having reconstructive knee surgery.

"This year I think just being able to come back and play and be successful again has been a tremendous step in the right direction," Woods told reporters at Firestone Country Club yesterday.

"If you would have asked me at the beginning of the year before I even played whether I'd have four wins by now, I couldn't see it because walking 18 holes was going to be a task."

Tiger Woods

by now, I couldn't see it because walking 18 holes was going to be a task."

Since returning to the PGA Tour for the WGC-Accenture Match Play Championship in late February, Woods has triumphed four times in 11 starts, most recently at the Buick Open on Sunday.

"Looking back on it now playing the Match Play, where I was physically then and where I'm at now is just night and day," the 33-year-old said. "It was hard to kind of see the light at the end of the tunnel, especially when I'm just starting back."

"To win, and not only win but be as consistent as I've been the entire year coming back, that's one of the things I'm probably the most proud of." REUTERS

"If you would have asked me at the beginning of the year before I even played whether I'd have four wins by now, I couldn't see it because walking 18 holes was going to be a task."



NFL's new highest paid player

Eli Manning, left, has agreed to a new \$97-million US, six-year contract extension with the New York Giants that will make him the highest paid player in the NFL with an average salary of roughly \$15.3 million. A person close to the talks who asked not to be identified says Manning is guaranteed \$35 million under the deal that will keep him with the Giants through the 2015 season.

METRO NEWS SERVICES

Door open for Balsillie

Judge rules RIM boss will be permitted to bid at Coyotes auction

It was a Baum-shell ruling that, at least in the view of a certain bankruptcy court, keeps alive Jim Balsillie's dream of moving the Phoenix Coyotes to Hamilton, Ont.

In a decision filed in a Phoenix court yesterday, Judge Redfield T. Baum ruled that a Sept. 10 auction for the bankrupt Coyotes "shall be open to any and all bidders" and not restricted to those wishing to keep the team in Arizona.

That means Balsillie, the Canadian billionaire and Research in Motion co-founder, will have his bid of \$212.5 million (all figures U.S.) heard along with two other bids for the NHL franchise. Baum earlier referred to Balsillie's offer as the "highest and best" of the three anticipated bids.

"We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the most solid hockey market in Hamilton."

Bill Walker, spokesman for Jim Balsillie

"From the time his bid was launched, Jim Balsillie has said that all he is asking for is a chance to bid for the Coyotes at auction through the bankruptcy court process on a level playing field and let the best bid win. That's fair and transparent. It's the best outcome for creditors and for the future of the franchise,"

Balsillie spokesperson Bill Walker said in a statement. "We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the

most solid hockey market in Hamilton."

Understanding that his ruling will be contentious, Baum has scheduled a hearing for Aug. 11 to examine all the issues surrounding the auction.

The NHL, for example, rejected Balsillie as a potential owner on July 29. The league's board of governors voted (26 against, three abstaining, one absent) to "disapprove" Balsillie, the league noting that he "lacks the good character and integrity required" by the NHL's bylaws.

TORSTAR NEWS SERVICE

Sports in brief

CFL Edmonton Eskimos running back Calvin McCarty was named CFL Gibson's Finest Canadian Player of the Month for July, the league said yesterday. McCarty scored five touchdowns in the month.

BASEBALL The Chicago Cubs released B.J. Ryan yesterday after the former Blue Jays closer reportedly told the team he wouldn't be effective this year and wanted to go home to regroup.

ARENA FOOTBALL The Arena Football League has shut down indefinitely. The league sent a terse, one-paragraph statement to its teams late Tuesday announcing it had suspended operations.

NHL Veteran defenceman Teppo Numminen announced his retirement yesterday after 20 years in the NHL. The 41-year-old Finn spent the last four seasons in Buffalo. He also had stops in Winnipeg, Phoenix and Dallas during his career.

HOCKEY Brendan Shanahan is returning for a 22nd NHL season. The 40-year-old forward signed a one-year deal with the New Jersey Devils yesterday.

HOCKEY The Pittsburgh Penguins hired Tony Granato as an assistant coach yesterday. The 45-year-old spent the last six seasons as an assistant and head coach of the Colorado Avalanche.

METRO NEWS SERVICES



Toronto second baseman Aaron Hill attempts to turn a double play over New York's Johnny Damon last night in Toronto. The Yankees beat the Blue Jays 8-4.

Damon leads Yankees past Blue Jays

BASEBALL Johnny Damon went 3-for-5 with a homer and drove in three runs to help the New York Yankees earn a two-game sweep with an 8-4 victory over the Toronto Blue Jays.

The Yankees opened a 2½-game lead in the AL East over the Boston Red Sox, who invade the Bronx for a four-game weekend set starting today.

Nick Swisher was 2-for-5 with a solo homer for the

MLB RESULTS

New York 8 Toronto 4



Yankees, who have won three in a row. Mark Teixeira drove in a pair of runs, while Hideki Matsui and Eric Hinske drove in a run each.

Adam Lind and Marco Scutaro had a solo homer each for the Blue Jays, who have dropped five of seven. Alex Rios and Vernon Wells also had an RBI apiece in the setback. Aaron Hill went 0-for-5 and saw his 13-game hitting streak halted.

Marc Rzepczynski (1-3) took the loss after giving up four runs on five hits over six-plus frames.

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Stanley's 684 Piece Household Kit is available exclusively at Wal-Mart for \$12.99. METRO NEWS SERVICES



Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Toolkit for all

Stanley recently released the 684 Piece Household Kit. A handy all-in-one kit for the house, cottage, trailer and even college Residence. You'll always know where to find the pieces you need for little chores around the house. The kit contains everything for hanging pictures, shelves, posters, and even your to-do list. See stanleyhardware.com.

Deep discount season descends

HomeScape

**Sylvia
Putz**

metronews.ca/homescape

Shopping is like an addiction for some. I'm not normally one of them, I'm afraid.

If the truth be told, I'd rather be doing something else most of the time. Shopping for the household and family has always seemed to me to be a chore.

But I have to admit, sales featuring deep discounts still give me a sense of anticipation, a sense of the hunt and kill. Many of you

know exactly what I'm talking about.

Consider seasonal sales. They follow a very predictable schedule. As surely as fall follows the summer, retailers need to clear their inventory to make room for the next season's clothing and goods.

For example, every year, around this time, summer things go on sale, sometimes with fantastic discounts. Bathing suits, beach towels, outdoor furniture and accessories, picnic dishes, shorts, summer pants, tops, shirts and dresses fill the bargain racks.

Also look for sales on sporting equipment used in the summer (kayaks, canoes, tents and

camping gear), barbecues, fans, lawnmowers, and linens, and blankets — which tend to be lighter in weight and colour during the summer months.

Also coming up are summer sales on plants, both perennial and annual, plus gardening paraphernalia, such as planters, hoses, watering cans and so on. So if you're in the market for any of these types of items, now is the time

that these sales start, and they'll go on into September in one form or another.

To find the best sales, keep an eye out for flyers and newspaper advertisements, and check your favourite stores' websites for online end-of-summer specials. Word of mouth, especially from your shopping-happy friends, is also a great resource.

Even if you don't need them for this year, think next year.

I say this with some hesitation, though, because I have personal experience with people who cannot resist a bargain, no matter how pointless the purchase.

If you recognize yourself here, commit to at least thinking honestly about potential uses of the item before you plunk down your money. Furthermore, don't burden relatives or friends with stuff they won't like or don't need. Only do it if you know preferences, needs and size requirements.

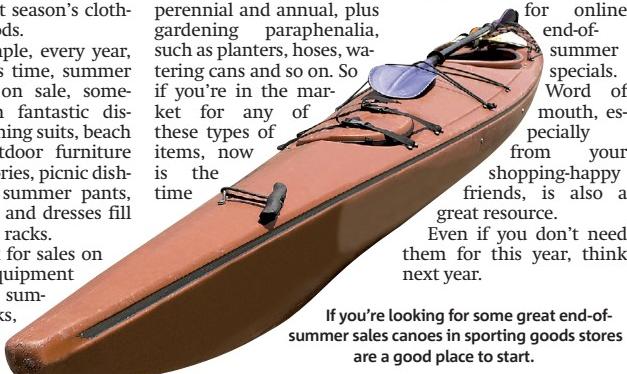
That being said, some things are obvious. If you are in the market for a set of outdoor dining furniture, for instance, or you will be soon, end-of-summer sales this year could net you substantial

savings. This option is far superior to buying in the spring, when you will pay top dollar.

If you're like me, there's nothing that makes me gnash my teeth more than seeing that cute patio furniture set that I couldn't resist buying first thing in the spring on sale for half price mid-way through August.

Besides the summer sales that are currently upon us, other predictable months for sales are January when Christmas stock is being downloaded at reduced prices, and March when winter coats and boots and sporting gear is being cleared out.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



If you're looking for some great end-of-summer sales canoes in sporting goods stores are a good place to start.

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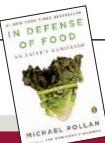
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In Defense of Food: An Eater's Manifesto by Michael Pollan topped the cookbook bestsellers' list last week at Amazon.ca. The Omnivore's Dilemma came in second and Simply Great Food in third. METRO NEWS SERVICES

Food

In 1986, the city of Nanaimo, B.C., held a contest to find the best Nanaimo bar recipe. A recipe submitted by Joyce Hardcastle won and is now known as the official Nanaimo bar recipe.



FOODTV.CA

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Hot sandwich, cool bar

Quick and easy summer recipes are only a click away thanks to 20 Minute Supper Club. Find lots of inspiring alternatives to burgers 'n' dogs in the brand-new Grill Guide at [20minutesupperclub.com](#).

This week's tasty and nutritious meal features a Summer Sausage BBQ Panini Sandwich with Corn Relish, and delicious Nanaimo Bars for dessert. Ciabatta bread is ideal for this sandwich because of its crusty outside and airy interior. If you don't have a barbecue, you can also use a Panini grill or heavy-bottomed skillet.

Nanaimo Bars are satisfying any way you make them, but in the ones pictured we actually doubled

the chocolate to get that thick, chocolatey base. The best part about these sweet treats is that you can freeze them and they still keep their decadent flavour. —CHRISTY PENGILLY

Summer Sausage Panini Sandwich with Quick Corn Relish

Recipe Developed by Paula Bowman.

SERVES 4

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS:

- 2 cobs corn, kernels removed
- 1/3 cup water
- 1/4 cup finely diced red onion
- 3 tbsp apple cider vinegar
- 1 tbsp sugar

• 1/4 tsp crushed red pepper flakes

- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 avocado, halved, pitted, peeled and roughly diced

• 1/4 tsp minced garlic

• 1 1/2 oz ciabatta bread or 4 individual ciabatta rolls, halved diagonally

• 2 plum tomatoes, thinly sliced

• 8 slices old cheddar

• 1/2 lb thin sliced Mennonite summer sausage or similar summer sausage

METHOD:

1. Preheat grill to medium-high

2. In a non-stick skillet set over medium-high heat, combine first 6 ingre-

ients and set aside.

3. Meanwhile, in a small bowl, combine avocado and garlic and stir in 2-teaspoons olive oil, mash slightly with a fork, season with salt and pepper and mix well. Lightly brush outside of ciabatta loaf with remaining olive oil and season with salt and pepper.

Lay both halves of bread open on a cookie sheet and spread avocado mixture on inside top layer of bread. Cover avocado with a layer of tomatoes, followed by layers of cheese and summer sausage. When corn relish is finished cooking, distribute evenly to bottom layer of bread. Put both halves together and press gently.

4. Transfer sandwiches to a hot grill and cook,



CARLO MENDOZA PHOTO

pressing lightly with a spatula until crispy on the bottom, about 3 minutes. Carefully turn sandwiches over, using a spatula and continue to cook until crispy and warmed through, about 3 minutes. Use cookie sheet to transfer to cutting board. Cut sandwich into quarters and serve warm.

Weekly winners

- Exclusive contest for Metro readers! Visit [20minutesupperclub.com/metro](#) and be entered to win a \$50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca.
- A weekly winner will be drawn from now until the end of October.

Read more on page 10

ELLE

“Nora Ephron serves up a mixture of talent, humor, and grace in a DELICIOUS NEW COMEDY!”



Meryl Streep Amy Adams
Written for the Screen and Directed by
Nora Ephron



Julie & Julia

COLUMBIA PICTURES PRESENTS AN EASY THERE TIGER/AMY ROBINSON PRODUCTION A LAURENCE MARK PRODUCTION A FILM BY NORA EPHRON JULIE & JULIA STANLEY TUCCI CHRIS MESSINA LINDA EMBIOU MUSIC BY ALEXANDRE DESPLAT COSTUME DESIGNER ANN ROTH EDITOR RICHARD MARKS, A.C.E. PRODUCTION MARK RICKER DIRECTOR OF STEPHEN GOLDBLATT, ASC, BSC DESIGNER MARK RICKER, BSC, BSC PROPS DESIGNER JULIE POWELL AND JULIA CHILD WITH ALEX PRUDHOMME SCREENPLAY BY NORA EPHRON EXECUTIVE PRODUCER SCOTT RUDDON DON J. LEE JR. DANA STEVENS BASED ON THE BOOKS "JULIE & JULIA" BY TAD COOK AND "MY LIFE IN FRANCE" BY JULIA CHILD WITH ALEX PRUDHOMME PRODUCED BY LAURENCE MARK NORA EPHRON AMY ROBINSON ERIC STEELE DIRECTED BY NORA EPHRON PG COARSE LANGUAGE

JulieAndJulia.ca

Read the Back Bay and Anchor Books

STARTS FRIDAY

metro

Metro Calgary is seeking an aggressive, results-oriented Outside and Inside Advertising Sales Representative to service the Fashion and Retail industry.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. Primary responsibilities will be the Entertainment Vertical.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

Qualified candidates will possess:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email
- A self-motivated desire to develop new business
- Some college education of relevant post-secondary training

To Apply:

Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

Please send your cover letter and resume by email to:

Chris Mackie, Advertising Sales Team Leader

chris.mackie@metronews.ca

Subject: Sales Rep at METRO

Fast Flavours from Donna Hay

Fridge and pantry empty? Take heart from the simple combinations in the Fast Flavours chapter — in Donna Hay's No Time To Cook — which only needs a few ingredients, a grill pan or a barbecue, and a few minutes to let intense flavours unfold. **METRO NEWS SERVICES**



No time to cook?

Donna Hay is one of the best-known names in cookbook and magazine publishing in the world: Her previous books have sold more than 2.2 million copies worldwide.

Hay's new book, No Time to Cook: Fresh & Easy Recipes for a Fast Forward World (HarperCollins), is full of delicious, simple food that won't eat up your whole evening. HarperCollins Canada offered Metro these two recipes:



Spinach, Ricotta & Dill Pies
SERVES 2
NOW, 2 LATER

INGREDIENTS:
• 4 sheets (25 cm x 25 cm) store-bought shortcrust pastry, thawed



Spinach-ricotta filling:

- 250 g frozen spinach, thawed
- 600 g ricotta
- 3 eggs
- 1/2 cup (40 g) finely grated parmesan
- 2 green onions (scallions), finely sliced
- 2 tablespoons coarsely chopped flatleaf parsley leaves
- 2 tablespoons dill leaves

METHOD:

Preheat oven to 180°C (355°F). Cut pastry to fit 4 x 1-cup (250ml) pie dishes, allowing for an overhang. To make the spinach-ricotta filling, squeeze out excess water from

spinach, place in bowl with ricotta, eggs, parmesan, onion, parsley, dill, salt and pepper and mix together well.

Divide filling between pastry-lined dishes and bake for 30 minutes or until filling sets. To

spoons coarsely chopped dill leaves

sea salt and cracked black pepper

freeze, wrap pie dishes in a layer of baking paper, then plastic wrap and aluminum foil to seal.



Freeze for up to 3 months.

Flourless Chocolate Cake
SERVES 12



Flourless Chocolate Cake.

• 1 cup (100 g) ground hazelnuts

Hazelnut cream:

- 300 ml cream
- 1/4 cup (60 ml) hazelnut liqueur, extra

METHOD:

Preheat oven to 170°C (340°F). Line the base and sides of a 22-cm springform pan with non-stick baking paper.

Place chocolate and butter into a saucepan over low heat and



stir until melted. Place eggs, sugar, liqueur and hazelnuts into a bowl and whisk to combine. Add chocolate mixture and whisk until smooth. Spoon mixture into tin and cover with aluminium foil.



Spinach, Ricotta & Dill Pies.

Bake for 40 minutes. Remove foil and cool cake in tin then refrigerate until cold.

To make hazelnut cream, place the cream and liqueur in a bowl and beat with electric beaters or a whisk until soft peaks form. Cover and refrigerate until just before serving. Serve with hazelnut cream.



Jump on some hoppin' apps.



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8330 smartphone

\$29.99* | \$449.99
(3 year term) (no term)



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NEW BlackBerry® Tour™
9630 smartphone

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(3 year term) (no term)

BlackBerry® apps are the easiest way for you to get a jump on life. From being more productive to figuring out where you should hook up with friends. There's even an app that'll show you how to grill tofu. So how will BlackBerry apps help you make the most of your time? Check them out at telusmobility.com/apps.

TELUS

the future is friendly®



>> Continued from page 8

Nanaimo Bars

SERVES 16
PREP TIME: 20 MINUTES
COOKING TIME: 2 MINUTES

INGREDIENTS:**Bottom Layer:**

- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 5 tablespoon cocoa powder
- 2 teaspoon vanilla extract
- 1 egg beaten
- 1-1/2 cup graham wafer crumbs
- 1/2 cup finely chopped hazelnuts (or try pecans, walnuts or almonds)
- 1 cup finely shredded coconut

Middle Layer Ingredients:

- 1/4 cup unsalted butter
- 2 tablespoon milk
- 1 tablespoon 35% cream
- 2 tablespoon vanilla custard powder
- 2 cup icing sugar

Top Layer Ingredients:

- 4 ounce bittersweet chocolate
- 2 tablespoon unsalted butter

METHOD:

1. Melt first four ingredients in double boiler.
2. Add egg and stir to cook and thicken. Remove from heat.



The best part about Nanaimo Bars is that you can freeze them and they still keep their decadent flavour.

Top Layer:

1. Melt chocolate and butter in a bowl over a double boiler.
2. Cool slightly — the chocolate should still be pourable.

3. Spread gently over second layer so as not to mix the two layers together.
4. Refrigerate until set.

Middle Layer:

1. Using an electric mixer, cream all ingredients together, beating well until light in colour.

2. Spread evenly over chilled bottom layer. Place back into fridge to chill while top is being prepared.

**Liquid Assets****Peter Rockwell**

metronews.ca/liquidassets

more appealing to the serious wine enthusiast.

Riesling's first home was Germany and soft, fruity wines like Lingenfelder's 2005 Bird Label Riesling (\$14.95 - \$18.99) are the modern face of the grape in that country. Tasting like biting into a juicy green apple, it's truly medium dry with a nice nip of acidity.

Australia's Wolf Blass 2007 Yellow Label Riesling (\$13.99 - \$17.99) has a bit more of that old school petrol aroma and a refreshingly dry flavour of apple and mineral.

Prices reflect the range across the country. Some products may not be available in all provinces.

**The when-in-doubt wine**

A few weeks ago I mentioned that riesling-based wines were one of a number of '70s drinkables making a serious 21st century comeback and it's great to hear that so many of you agree.

I received at least a gigabytes worth of email suggesting the grape makes a happy union with everything from Chinese, Japanese and Mexican dishes to shellfish, poultry and most cheeses.

This ability to accommodate has made riesling the classic when-in-doubt wine. Of course it tastes great on its own, but it really shines when served with food. Also, the fact that it's grown so successfully around the world gives it an international personality (i.e. they don't all taste the same) that makes it even

**Global Peasant:**

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant for her recipe for raw nut milk.

Local Savour**Sabzy's**

10416 - 82 Ave.
sabzy.net
780-758-1005

Nut butter bagel, \$3.95

The middle-eastern café-style restaurant boasts rotating specials, made with the freshest ingredients available in the Edmonton area. Health-conscious home style dishes like chicken stew with mixed veggies and rice or pita for \$15 are available daily. The restaurant also boasts one of Edmonton's only hookah bars.

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DOUBLE BIG CRUNCH COMBO \$7.99

Includes 2 Big Crunch sandwiches, 1 individual fries and 1 regular soft drink.

KFC

TWO CAN DINE \$9.99

Includes 6 pcs of chicken, 2 individual fries, 2 individual salads and 2 regular soft drinks.

KFC

TWO CAN DINE \$9.99

Includes 6 pcs of chicken, 2 individual fries, 2 individual salads and 2 regular soft drinks.

KFC

4 PIECE DEAL \$5.99

Includes 4 pcs of chicken, individual fries, individual salad and regular soft drink.

KFC



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Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 27)

Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 26)

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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(\$165, 1-800-465-2638)Leather, Miss Sixty (\$269,
info@sixtycanada.com)

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at Spring)

THE SNAPPER

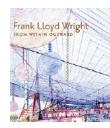
An originator of the now familiar "chic people on the street" blogs, Scott Schuman (a.k.a The Sartorialist) is launching his first book this fall. "Everyone I know says 'I love to people-watch,'" says Schuman. "Technology has just caught up to human instinct. Now we have a digital park bench."

His 500-page book contains sections on favourite subjects like Carine Roitfeld and pages devoted to androgyny and personal style. Schuman counts Cary Grant among his own style icons: "I love style with a sense of humour."



The Wright Stuff

Frank Lloyd Wright: From Within Outward is a fascinating compilation of essays, photography and drawings from more than 200 projects.



Kenya's Style

Kenya Hunt

Exclusively at
metronews.ca/globalstyleTo read these stories and more, visit: ellecanada.com

Home Phone Lines

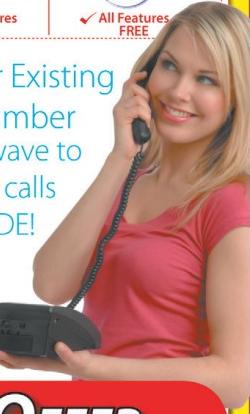
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Rosie, partner deny break up rumours
Contrary to tabloid reports, Rosie O'Donnell and longtime partner Kelli Carpenter-O'Donnell are not breaking up. "There is no truth to this — at all," says O'Donnell's rep. PEOPLE.COM



Hollywood hunk

Robert Pattinson was crowned Sexiest Man In The World by a British magazine. The Twilight heart-throb topped the list compiled by Glamour magazine to find the hottest Hollywood hunk.

FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Anjulie crafts fresh sounds

Anjulie

Album: Boom
Label: Hear/Universal
Rating: ●●●●



CANADA HAS HAD a long history of breaking big female artists and it's about to do it again. Oakville, Ont.'s Anjulie has been making music for a while, mostly writing for other people including Kreesha Turner, but her debut should catapult her onto the world stage. Her and her songwriting partner, the Philosopher Kings' Jon Levine, have put together a diverse collection of incredibly infectious sounds. While it's centred around

R&B grooves, generous amounts of jazz, soul and bossa nova find their way in as well. Picture a more eclectic Nelly Furtado.

Bryan Borzykowski/for Metro Canada

Watermelon Slim

Album: Escape from the Chicken Coop
Label: NorthernBlues
Rating: ●●●●

YOU CAN'T
GET more authentic truck-driving music than this. Watermelon Slim (a.k.a. Bill Homans) was hauling industrial waste in Oklahoma before deciding a few years ago to devote himself full time to the blues (he's also a



MusicReviews

music@metroneWS.ca

Vietnam vet, a former newspaper reporter and a member of Mensa. Slim is a master of the slide guitar and harmonica and he plays the blues like he's lived them. Escape from the Chicken Coop is his first venture into Nashville and he pulls it off with the same grit that he plays the blues. Slim delivers ten original odes to his fellow long-haulers, plus four covers including a sublime gospel version of Roy Acuff's Wreck on the Highway.

Graham Rockingham/for Metro Canada

Boom is the debut album from Oakville, Ont.'s Anjulie.

Modest Mouse

Album: No One's First and You're Next
Label: Epic/Sony Music
Rating: ●●●●



MODEST MOUSE IS no longer an obscure indie rock act, but don't expect their latest disc to get much play. This new EP consists of b-sides and unreleased material, and while these tunes have all the elements that have made the band famous, there's a reason these tracks never made albums. They're mostly unfocused — the angry Satellite Skin sounds

like a single, but it's about as middling as a rock song can get. The six minute Whale Song is the best thing here, but otherwise this is the definition of filler.

Bryan Borzykowski/for Metro Canada

Lightning Dust

Album: Infinite Light
Label: Jagjaguwar
Rating: ●●●●



IF VANCOUVER'S BLACK MOUNTAIN is renowned for crafting stoner rock, then this second outing from this side project from BM's Amber Webber and Joshua Wells might qualify as stoner pop. At least that's the effect produced from combining Webber's shaky, reverb-drenched warbles with grand and electric pianos, soft background organ, acoustic guitar, spacey strings and the occasional wild drum fill. Save for the '80s-infused I Knew and goth-inspired Never Need, try imagining the eccentric beauty of an early Stevie Nicks singing in a Ziggy Stardust-era Bowie fashion.

critics' corner

Monkeybone

How can a movie with such cool special effects be so totally awful? Don't ask, and don't watch, if you value your brain cells. A great cast that includes Brendan Fraser, Rose McGowan, Megan Mullally and Whoopi Goldberg — as Death! — is wasted on this uneven tale of a cartoonist trapped in a weird alternate universe after an accident puts him in a coma. Among the denizens of said universe is a comic-strip character of his own creation, Monkeybone, who may be the most unlikable nonhuman movie character since Jar Jar Binks. 10:30 PM on TOON



Shark After Dark

What do sharks do at night? Pretty much what they do during the day, it turns out — swim around and look for food. But this new special at least offers different lighting for the footage of big, hungry fish that makes up most "Shark Week" programming. Divers use all kinds of state-of-the-art camera equipment to film sharks in the night sea, and the results are quite striking. 7 PM on DISC

Dead and Divine

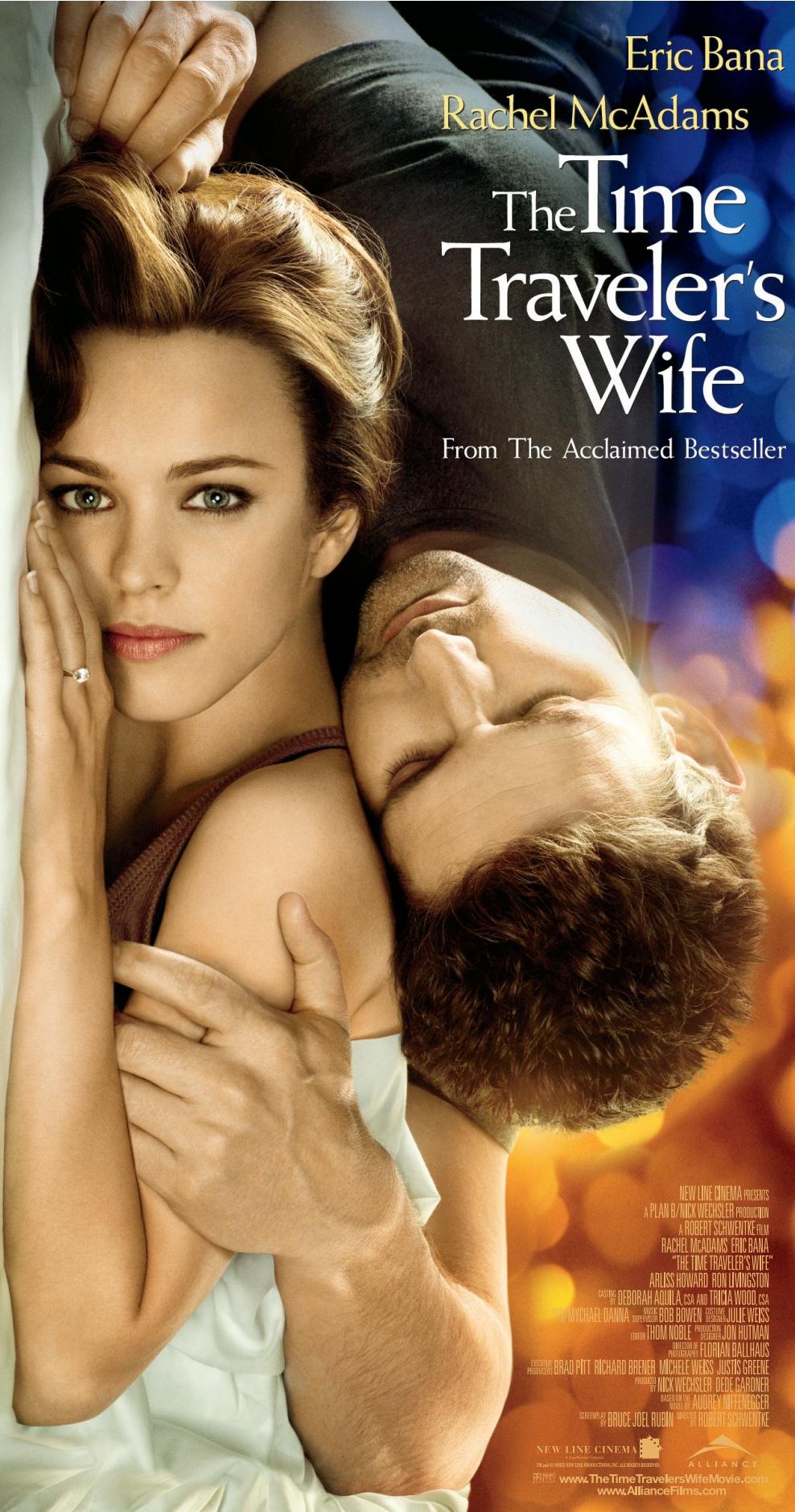
Album: The Machines We Are
Label: Jagjaguwar
Rating: ●●●●



THE COM-FORTABLE suburban streets of Burlington, Ont., continue to play ground zero for the Canadian emo-punk scene (Silverstein, Boys Night Out, Sydney). Dead and Divine try to carve out a path for themselves by mixing singalong melody with screamo metalcore and some pseudo-philosophical lyrics about our very essence (Is the stuff that flows through our veins chemical or biological?). Dead and Divine is best at its darkest moments. Fortunately, there's plenty of darkness here especially in tracks like the wonderfully depraved Teeth and the crashing instrumental For Your Health.

Graham Rockingham/for Metro Canada

	ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/6/09	primetime	2 CFRN	239	318	Corner Gas	Hollywood	The Listener (N)	(DVS)	So You Think You Can Dance	Winner is announced.	News		
	news	3 KHO	-	370	News	Be-Millionaire	Jeopardy!	Wheel-Fortune	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order
	sports	4 CBXT	-	307	Coronation St.	Jeopardy!	India Reborn	Culture and economic growth of India.	CBC News: The National		The Hour		
	family	6 KREM	-	372	News	Hollywood	The Doctors		Big Brother 11		CSI: Crime Scene Invstgtn.	The Mentalist	
	cable variety	7 CKEM	241	347	Law & Order: SVU	Law & Order: UK			30 Rock	Parks-Recreat	According-Jim	30 Rock	Your City
		8 CITY	210	339	ET Canada	Entertainment House			Big Brother 11		The Office	The Office	News Hour
		11 OMNI	-	-	Two/Half Men	The Simpsons	News (N)		Grey's Anatomy		The Simpsons	King	Metroplex
		13 KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Grey's Anatomy		Grey's Anatomy	Practice	
		16 KAYU	-	373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance	Winner is announced.	News		
		19 CHTV	-	-	The Insider (N)	E! News	Patrick Dempsey: True Story		How I Met	'Til Death	The Beast (N)	CHCA News	
		22 KSPS	-	374	NewHour With Jim Lehrer	Sammy Davis Jr. Live			Midsomer Murders		MILS "Love and Death"	Soundstage	
		24 WTVS	-	364	Ask This Old Michigan	MI-5 "The Sleeper"			Red Green	Being Served	Tavis Smiley	Charlie Rose (N)	Nature-Things
		15 CBCN	502	-	CBC News: The National	The Nature of Things			CBC News: The National		CBC News: The National		
		21 TWN	505	398	(5) EarthWatch One	EarthWatch One			EarthWatch Two				
		27 CNN	500	500	Second 100 Days	Anderson Cooper 360 (HDTV)					Second 100 Days		
		54 CTN	501	391	CTV News Tonight	News	CTV News		News		CTV News	News	
		70 BNN	504	508	Taking Stock	Market Call	Headline		Market Call		Commodities	Business News	Taking Stock
		20 TSN	400	520	2009 World Series of Poker	SportsCentre (HDTV)	(Live)		Off the Record		E:60	Boxing	
		23 net	408	418	UFC Countdown	MLB Baseball Atlanta Braves at Los Angeles Dodgers.	From Dodger Stadium in Los Angeles.					Sportsnet Con.	
		47 SPEED	417	406	Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Punks - All Out (HDTV) (N)	Jacked!	
		94 SCORE	410	403	Poker Asian Pacific Tour.	Score Tonight			Final Score		Final Score	Final Score	Final Score
		9 EDAC	267	351	Alberta Primestime (Live)	Greek "Barely Legal"			Private Practice		(9:58) Grey's Anatomy	Primestime	
		14 YTV	552	543	The Next Star 2	Drake & Josh	Family Biz		Malcolm-Mid.	Futurama	In Real Life "The Circus"	Falcon Beach	
		17 TREE	553	546	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
		42 TOON	555	545	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Monkeybone (2001, Comedy)	
		45 FAM	557	541	Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Late Buzz	Wizards-Place	Life Derek	Ned's School
		- TVA	121	714	TVA 18 hours	Sucré-salé	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV) (SC)	TVA 22 heures	
		18 CMT	575	583	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville	The Wilkinsons	Home Improve.	Home Improve.	Reba
		25 A&E	615	520	The First 48 (HDTV)	Crime 360 (HDTV)			Crime 360 (HDTV)		The First 48 (HDTV)	The First 48	
		26 MMM	571	581	Celebrity Rehab With Dr. Drew	Entourage	Gen Simmons	The Daily Fix			Celebrity Rehab With Dr. Drew	Entourage	
		29 FOOD	603	551	Jamie's Kitchen	Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Unwrapped	Jamie's Kitchn
		31 SHOW	617	522	Trailer Park	Trailer Park	The Outer Limits		Love-Death	Love-Death	Loch Ness Terror (2008, Suspense)		
		32 DISC	520	505	Shark After Dark (N)	MythBusters			Great White Appetite				Shark After Dark
		33 SLICE	601	582	Last 10	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC	Trading Sp		
		34 W	602	567	Style by Jury	Style by Jury	Friends		Divine Design	House	Confidential	Save Us-House	Divine Design
		35 TLC	521	560	Police Women of Broward	LA Ink (HDTV)			Police Women of Broward	LA Ink (HDTV)		Lottery-Life	
		36 BRAVO	620	523	Crossing *** (2005, Suspense), Crystal Bublé	Bravonews			Law & Order		Without a Trace	Cheaters	
		38 SPIKE	628	584	TNA IMPACT! (HDTV) (N)		Jesse James Is a Dead Man		MANswers	GameTrailers	MANswers		
		40 HIST	522	506	Lost Inventions	NCIS "Cover Story"			Sea Hunters		Ancient Discoveries	History	
		41 COM	626	547	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now
		43 SPACE	627	528	Alien Siege *** (2005, Science Fiction)	Brad Johnson.			Stargate SG-1 (DVS)		Star Trek: Next Gener.	Trek: Voyager	
		44 WPCH	294	650	Friends	Friends	The Ringer *** (2005, Comedy)	Johnny Knoxville, Brian Cox, Katherine Heigl.			Seinfeld	Dead-Campus	
		46 OLN	411	457	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters	
		48 TROP	619	525	North of 60	Traders			Inside Hollywood		Are You Smarter	Family Guy	
		50 STAR	621	527	Paris Hilton's My New BFF	Tonight Show-Conan O'Brien							
		52 HGTV	600	564	Disaster DIY	Big Amazing	House Hunters		Holmes on Homes		Disaster DIY	Big Amazing	Handyman
		65 TLN	700	580	(6) I Tre Ladri	Raymond			George Lopez	George Lopez	The Sopranos (SS)	Paid Program	
		92 APTN	269	350	Warriors: TKO	Wapros Bay	By the Rapids		Wild Wild West *** (1999, Action)	Will Smith, Kevin Kline, Kenneth Branagh.	Poltergeist: The Legacy	Larger Than Life *** (1996, Comedy)	
		93 VISION	261	394	The Terry Fox Story *** (1983, Docudrama)	Eric Fryer.							
		100 MTV	581	566	True Life "I'm Bi-Sexual"	Nitro Circus	Fantasy Fact.		MTV Live	After	The Real World	Nitro Circus	
		101 MM	570	580	Paris Hilton's My New BFF	Video on Trial	Video on Trial		Video on Trial	Video on Trial	Paris Hilton's My New BFF	One Tree Hill	
		102 CPAC	512	396	The Public Record						Primetime Politics	Tete a Tete Politics	Public Record
		103 VIVA	526	507	The Closer (Part 2 of 2)	Passion	Homicide File		Judging Amy			Most Haunted	
		106 RDI	126	730	Le Téléjournal (SC)	RDI en direct	Le National		Le Téléjournal (SC)	24 Heures en 60 minutes		Le Téléjournal	
		161 SUPER			The Rocker *** (2008, Comedy)	Rainn Wilson.			Hostel Part II *** (2007, Horror)		Jack Brooks: Monster Slayer		



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IN THEATRES AUGUST 14

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Kim shakes things up

Kim Kardashian isn't just sitting around after her breakup with Reggie Bush, people.com reports. According to her sister, Kourtney, the reality star is making a life change. "We actually went looking for houses yesterday," she told Ryan Seacrest Wednesday. METRO NEWS SERVICES

Celebrity Buzz

Some father, Ryan's son says

FAMILY FEUD More tales of Ryan O'Neal's questionable parenting are surfacing. His oldest son, Griffin O'Neal, remembers when his father introduced him to illicit drugs.

"I was 11 years old when he gave me cocaine and said we are going to see a long movie called Barry Lyndon," Griffin recently told Larry King. "He said, 'It is a very long movie. Maybe this will help you.'



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I was 11." Griffin also doubts Ryan's grief over Farrah Fawcett's death. "All those crocodile tears. My dad's only goal was to make sure he would be in the will," he said. "It was so disgusting transparent as soon as he found out she was terminal. I consider him a vulture presiding over a carcass."

TEENAGED LOVE Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, usmagazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

She says they met earlier this year in Vancouver while he was shooting New Moon and she was filming Ramona and Beezus.

"Kristen (Stewart) was staying in my hotel. He would visit her, so we were constantly running into each other in the lobby — and we ended up meeting," Gomez recalled.

"We would go out to lunch and dinner, but I knew he had paparazzi following him and I had pa-

parazzi following me. So we literally just wanted to hang out, go bowling and stuff, and it went a little too far, I think. People were getting a little crazy about us.

"But it was fun — I went to Vancouver thinking I was going to focus on my work, but instead I got to meet him, and it ended up being the best thing ever," she said.

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Baby on the way for Penelope

PREGNANCY Penelope Cruz is having Javier Bardem's baby, a source confirms to Just Jared. "Penelope is about four months pregnant," the source said.

"She's really healthy now and will be a great mother." But don't expect the two actors to tie the knot anytime soon.

"When I (have babies), I want to do it really well," Cruz said in the latest issue of Britain's Psychologies magazine.

"I want it to be my best project in life. I don't know if I believe in marriage. I believe in family, love and children."

METRO WORLD NEWS



Jessica takes breakup badly

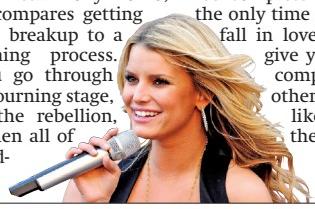
OVERREACTING? Jessica Simpson takes breakups very seriously. The singer, who recently split from football star Tony Romo, even compares getting over a breakup to a mourning process.

"You go through the mourning stage, then the rebellion, and then all of a sudden

you have to find life by yourself," Simpson said, according to Hollyscoop.

"Once you do that, you feel complete — and that's the only time you can truly fall in love again, and give yourself over completely to another person. It's like a death in the family."

METRO WORLD NEWS



I could've been Brit: Ashley

REFLECTIONS Growing up in the spotlight, Ashley Olsen is glad she's ended up on an even keel. "I look at Britney Spears, and I'm surprised I didn't end up like her," Olsen told Marie Claire.

Olsen remembers her childhood schedule

being beyond busy. "It was almost like I was in the Army: School, work, homework, fly to New York, get in at two in the morning, do a morning show at 5 a.m., then another one at 7, then a radio interview at 10."

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"We booked a cheap trip to Mexico with this Travel Cuts branch (in the student union building) last year and it was super fun."

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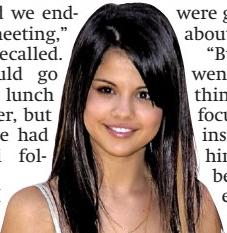
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Selena reflects on dating Taylor

TEENAGED LOVE Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, usmagazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

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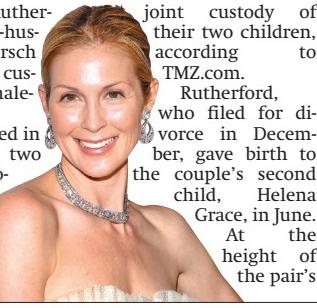
"But it was fun — I went to Vancouver thinking I was going to focus on my work, but instead I got to meet him, and it ended up being the best thing ever," she said.

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Kelly and ex-hubby reaches custody deal

UGLY BATTLE Kelly Rutherford and her ex-husband Daniel Giersch have settled their custody battle, femalefirst.co.uk reports.

In paperwork filed in Los Angeles, the two have agreed to relocate to New York while Rutherford shoots Gossip Girl there. They will share joint custody of their two children, according to TMZ.com.



Rutherford, who filed for divorce in December, gave birth to the couple's second child, Helena Grace, in June.

At the height of the pair's

custody battle, Rutherford accused her ex of being "angry" all the time and admitted she had hired a private detective to install cameras in her ex's Los Angeles home — to check on his parenting techniques.

In the midst of the court battle, Rutherford asked a judge to help the parents settle a toilet-training disagreement.

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Dustin sues over sex pics with ex

DAMAGE CONTROL Screenwriter Dustin Lance Black is suing a website that published X-rated photos of him and an ex-lover, according to Page Six.

Black is seeking \$3 million US in damages from starlife.com over invasion of privacy, copyright infringement and violation of the right of publicity. Black says he thought his ex-boyfriend had deleted the photos long ago.

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Paula ditches Idol ship

CAREER CHANGE It looks like American Idol will return in January without one of its founding judges. Paula Abdul announced on Twitter that she won't be returning to the hit series.

"With sadness in my heart, I've decided not to return to Idol. I'll miss nurturing all the new talent, but



METRO WORLD NEWS

most of all being a part of a show that I helped from day one become an international phenomenon."

Idol's studio, Fox, released a statement saying they are "saddened that she has decided not to return to the show."

Don't judge me, Sienna pleads

SELF DEFENCE Sienna Miller is getting tired of having to explain her love life to people. "I do think sometimes people get morally superior without understanding situations," Miller said of her relationship with Balthazar Getty.

"If I could go back and be more responsible, I would ... Well, I probably would be less naive about ignoring the fact that people care."

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Fame a rough ride: Leighton

A DOWNSIDE TO EVERYTHING

Leighton Meester understands that being on Gossip Girl puts her in the spotlight — but she doesn't have to like it, femalefirst.co.uk reports.

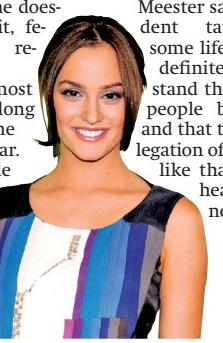
"I don't want most of what comes along with all of this," she told Harper's Bazaar.

One downside came when an ex-boyfriend began shopping around an alleged sex tape. "(The tape) is not

real, so it makes me sort of sad," she said. "It's unfortunate that it got carried as far as it did."

Meester says the incident taught her some life lessons. "I definitely understand the nature of people better now and that the mere allegation of something like that could be headline news."

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Today

Morning clouds.
21°C / 5°C

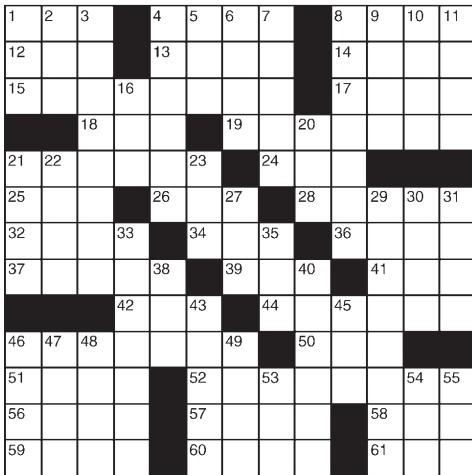
Friday

Mostly sunny.
24°C / 8°CSaturday
Afternoon clouds.
26°C / 9°C**Michele McDougall, Weather Specialist & Host - Breakfast Television**

'My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes.'

WEEKDAYS AT 6 A.M.

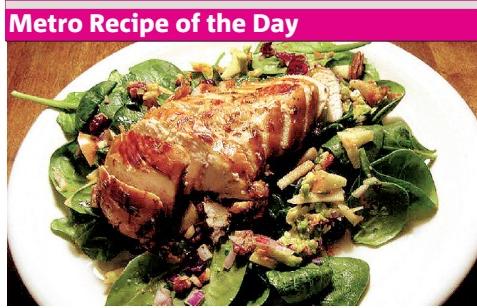
entertainment 15

Take Five**ACROSS**

- 1 Elmer, to Bugs
4 Prison
8 Tiers
12 Gabor or Peron
13 Relaxation
14 Send forth
15 "The island of romance," in song
17 Baseball team
18 Do sums
19 "Rockabye Baby" site
21 Russian wolfhound
24 Tend the lawn
25 Mound stat
26 "—Miniver"
28 Cheesy chip
32 Dracula's usual target
34 Conger, e.g.
36 Reclined
37 Clan emblem
39 —tac-toe
41 Sleuth
42 Addressee
44 Procession
46 Constricting snakes

DOWN

- 50 Moment
51 Timber wolf
52 Merchants' mailings
56 By word of mouth
57 First victim
58 Bumped into
59 Existed
60 Samples of wordplay
61 Lad
- 1 Year-end abbr.
2 Eventual aves
3 Waterfall
4 Hardly ever
5 —chi
6 "It — Fair"
7 Get more ammo
8 Cancellation's opposite
9 Leave out
10 Drunkard
11 Put one's foot down?
16 Wood-shaping tool
20 A billion years



CHRISTY PENNIGTON

Apples, Avocado and Balsamic Chicken Salad

Submitted by Melanie Glenwright, Winnipeg,

INGREDIENTS:

- 4 boneless, skinless chicken breasts
3 tsp olive oil
1/3 cup balsamic vinegar
1/2 cup chicken stock
2 tbsp sugar
1 clove garlic, crushed
1 tsp dried Italian seasoning

BALSAMIC VINAIGRETTE:

- 1/4 cup balsamic vinegar
2 tsp dark brown sugar, optional
1 tbsp chopped garlic
1/2 tsp salt
1/2 tsp freshly ground black pepper
3/4 cup olive oil

SALAD:

- 4 cups baby spinach leaves
1 tbsp dried cranberries
1 tbsp chopped salted pecans
1/2 apple, cored and diced
1 tbsp diced red onion
2 tbsp grated carrot
1/2 avocado, peeled and diced

METHOD:

Briefly heat olive oil in a large skillet over medium-high heat. Add chicken, and cook each breast 4 minutes each side (or until browned). Add marinade to skillet and continue cooking 3-4 minutes, turning breasts until cooked through. Pour vinaigrette on salad then top with warm chicken. Serve.

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at [20minutesupperclub.com](#)

COOK TIME: 10 MINUTES

PREP TIME: 20 MINUTES

each side. Remove chicken and set marinade aside. Mix vinaigrette ingredients in small bowl and chill.

Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer. Assemble spinach, cranberries, pecans, apple, onion, carrot, and avocado on plates and chill.

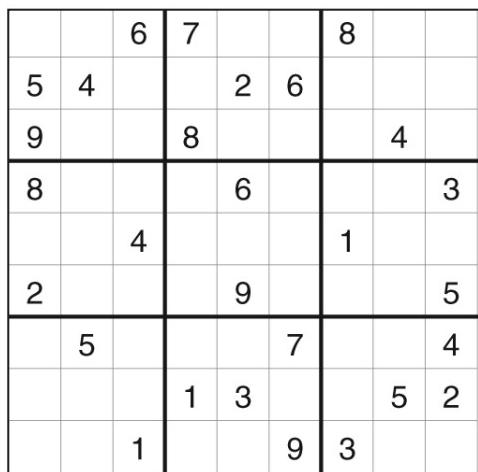
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SERVES 4

COOK TIME: 10 MINUTES

Sudoku For more/less challenging Sudoku puzzles, visit [metronews.ca](#)

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

3	8	1	9	6	4	5	2	7
6	9	5	3	2	7	8	4	1
2	7	4	1	5	8	3	6	9
4	5	2	6	3	1	9	7	8
8	3	6	4	7	9	2	1	5
7	1	9	2	8	5	4	3	6
1	6	8	5	4	2	7	9	3
9	4	7	8	1	3	6	5	2
5	2	3	7	9	6	1	8	4

On the webFor more games and 60 additional daily cartoon strips, visit [metronews.ca](#)**Horoscopes by Sally Brompton** [sallybrompton.com](#)For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](#)**ARIES****MARCH 21-APRIL 20**

You must not limit yourself in any way, shape or form. Be active, be ambitious and be the one who always seems to make things happen.

TAURUS**APRIL 21-MAY 21**

You may have to get tough with someone you love today but if you don't do it now they will make a huge mess of things later on.

SCORPIO**OCT 24-NOV 22**

You won't reach certain targets without assistance, so look for people who can give you a leg up. Someone will be glad to help you if you ask them.

GEMINI**MAY 22-JUNE 21**

Cosmic activity makes it easy for you to win others over to your way of thinking. That does not mean that your way of thinking is right.

SAGITTARIUS**NOV 23-DEC 21**

Everything is going well for you now and life will be even more enjoyable over the next few days. You don't have to make much effort right now.

CANCER**JUNE 22-JULY 22**

In the next few days you will get an offer that's hard to turn down. It will mean more work, but also more prestige and, in the long term, more money.

CAPRICORN**DEC 22-JAN 20**

The sun in Leo puts the emphasis on your long-term wealth. Over the next few weeks you'll be more adventurous financially — but don't risk everything.

LEO**JULY 23-AUG 23**

Look out for your own interests today and ignore those who say you're being selfish. Something special will happen over the next 24 hours.

AQUARIUS**JAN 21-FEB 18**

If you have fallen out with a partner, loved one or friend, or even someone you work with, make it a priority today to get back on good terms with them.

VIRGO**AUG 24-SEPT 22**

Today's lunar eclipse may tempt you to give up on something that's taking up time and energy, but if you stop now you will regret it later. Keep at it.

PISCES**FEB 19-MARCH 20**

Someone you work with will be aggressive today but you must not be aggressive in return, or your relationship will be irrevocably damaged.

WORDY GURDY®

BY TRICKY RICKY KANE

- Possess a traffic pylon (1)
- Noontime meal gang (1)
- Drill a hole into a room bottom (1)
- Combining-of-companies advocate (2)
- Negatively reviewed a rope of pearls (1)
- Group spirit in a livestock pen (2)
- Singer Houston's small buses (2)

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A close-up photograph of a woman's face and shoulder. She is applying makeup to her eye with a brush. Her eyes are brown, and she has colorful eyeshadow (green, yellow, blue) and mascara. A white makeup swatch is visible on her cheek. She has a gentle smile.

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